BREATHING TECHNIQUES FOR ANXIETY

Purpose:

1. To change the flow of blood and oxygen
2. Focus the mind on something else

Instruction for person suffering anxiety attack:

- Inhale through nose
- Exhale through mouth

1. Begin with **3 Focus Breaths** – slightly deeper than normal, but not Deep breaths

2. *Slowly* inhale through nose for a **count of 5 (like this)**

3. **Hold for count of 12**

4. *Release slowly* through mouth to a **count of 8**

5. *Slowly inhale* again through nose for **count of 8**

6. **Hold breath for count of 16**

7. *Release through mouth* for **count of 12**

That completes 1 set.

Repeat FOUR times

5-12-8
8-16-12

Then do **4 NORMAL breaths…….** followed by **4 GROUNDING** breaths – good healthy breaths – not deep but deeper than normal.

Should find some relief – feel calmer and less anxious – more in control. May feel a different state – lightheaded, buzzy.